

# Our House, Our Health Weekly Planner

Use this planner to help your family follow the Seven Steps every week!  
Here's how it works:

- 1. Write your name and your family members' names in the first column.
- 2. Choose tasks that each person can do from the Seven Steps below.
- 3. Write the tasks under the days of the week when each person can do them.



NAME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTE: USE ONLY DRY ERASE MARKERS TO WRITE ON YOUR PLANNER.

## Weekly Tasks: Seven Steps to a Healthy House!



Be creative! You and your family can:

- » Use the list to put tasks in your planner
- » Think up new tasks to add
- » Make changes with a dry erase marker anytime

**STEP 1:  
KEEP IT DRY**

- » Close windows during heavy rain
- » Make sure kitchen and bathroom drains are clean and working

**STEP 2:  
KEEP IT CLEAN**

- » Change bed sheets
- » Vacuum or sweep floors
- » Clean bathrooms and kitchens
- » Clean pet bedding and litter
- » Dust furniture

**STEP 3:  
KEEP IT PEST FREE**

- » Store all trash in garbage cans with lids
- » Remove clutter, such as unused boxes and paper

**STEP 4:  
KEEP IT SAFE**

- » Make sure stairs and walkways are free of clutter
- » Throw away expired food

**STEP 5:  
KEEP THE AIR MOVING**

- » Run fans in bedrooms and living rooms
- » Open windows and doors while cleaning

**STEP 6:  
KEEP IT POISON FREE**

- » Make sure tops on all medicines, cleaners, and chemicals are closed. Store them out of reach of small children.

**STEP 7:  
KEEP IT MAINTAINED**

- » Put trash outside on garbage pickup day
- » Clean up yards, porches, walkways, and driveways

# Treat your house like a friend, and it will take care of you!

Here are more ways to keep your house healthy. You and your family can do these tasks every day, week, month, or year. Just write your goal dates at the top of the chart, and check off tasks as you finish them.

NOTE: USE ONLY DRY ERASE MARKERS TO WRITE ON YOUR PLANNER.



	EVERY DAY	EVERY WEEK	EVERY MONTH	EVERY 6 MONTHS	EVERY YEAR
GOAL DATE »					
STEP 1: KEEP IT DRY	<input type="checkbox"/> Turn on the bathroom fan while taking a shower or bath	<input type="checkbox"/> Close windows during heavy rain	<input type="checkbox"/> Use a clean dehumidifier in the basement	<input type="checkbox"/> Make sure outdoor drains let water flow away from the house	<input type="checkbox"/> Repair leaky windows and faucets
STEP 2: KEEP IT CLEAN	<input type="checkbox"/> Wash dishes and countertops <input type="checkbox"/> Put trash in garbage cans	<input type="checkbox"/> Change bed sheets <input type="checkbox"/> Vacuum or sweep floors <input type="checkbox"/> Clean bathrooms and kitchens <input type="checkbox"/> Clean pet bedding and litter	<input type="checkbox"/> Rake leaves, dirt, and dust away from the house and bag it for garbage pickup <input type="checkbox"/> Dust furniture and floors	<input type="checkbox"/> Put new filters in the vacuum cleaner <input type="checkbox"/> Clean and wipe out the inside of the refrigerator	<input type="checkbox"/> Clean inside cabinets and drawers, under large appliances, or in the attic <input type="checkbox"/> Donate, recycle, or throw away things you do not use
STEP 3: KEEP IT PEST FREE	<input type="checkbox"/> Clean up food after cooking and eating <input type="checkbox"/> Keep food in closed containers in the kitchen	<input type="checkbox"/> Store all trash in garbage cans with lids <input type="checkbox"/> Remove clutter, such as unused boxes and paper	<input type="checkbox"/> Check and replace traps for pests	<input type="checkbox"/> Place traps for pests near walls, in the basement, under sinks, and in cabinets	<input type="checkbox"/> Repair holes where pests might get in
STEP 4: KEEP IT SAFE	<input type="checkbox"/> Keep bathroom and kitchen floors dry <input type="checkbox"/> Keep clutter away from the stove and heaters	<input type="checkbox"/> Make sure stairs and walkways are free of clutter <input type="checkbox"/> Throw away expired food	<input type="checkbox"/> Remove leaves, dirt, ice, and snow from walkways <input type="checkbox"/> Make sure electrical outlets and appliances are working	<input type="checkbox"/> Replace light bulbs both inside and outside <input type="checkbox"/> Ask your local waste site how to safely throw away expired medicines <input type="checkbox"/> Test and replace batteries on carbon-monoxide and smoke detectors	<input type="checkbox"/> Check and repair loose stair railings <input type="checkbox"/> Update your family's fire escape plan
STEP 5: KEEP THE AIR MOVING	<input type="checkbox"/> Turn on the stove fan while cooking <input type="checkbox"/> Open windows (in warmer weather)	<input type="checkbox"/> Run fans in bedrooms and living rooms <input type="checkbox"/> Open windows and doors while cleaning	<input type="checkbox"/> Clean and dust heating and air conditioning vents	<input type="checkbox"/> Trim bushes and trees so they don't block windows or vents outside	<input type="checkbox"/> Make sure vents for the dryer, furnace, water heater, and fireplace are working
STEP 6: KEEP IT POISON FREE	<input type="checkbox"/> Use cold tap water for cooking and drinking <input type="checkbox"/> If you smoke, empty ash trays, and smoke outside	<input type="checkbox"/> Store medicines, cleaners, and chemicals out of reach of small children	<input type="checkbox"/> Clean up loose paint chips and dust. Spray with water first.	<input type="checkbox"/> Ask your local waste site how to safely throw away old paints and other chemicals	<input type="checkbox"/> Place locks on outdoor sheds and the garage
STEP 7: KEEP IT MAINTAINED	<input type="checkbox"/> Clean up clutter or messes after eating, working, and playing	<input type="checkbox"/> Put trash outside on garbage pickup day	<input type="checkbox"/> Clean up the yard, porch, walkway, and driveway <input type="checkbox"/> Check for signs of pests	<input type="checkbox"/> Clean window wells, gutters, and drains <input type="checkbox"/> Make sure water heaters and furnaces are working	<input type="checkbox"/> Check for signs of water damage or mold both inside and outside <input type="checkbox"/> Check for peeling paint both inside and outside